



SUNSET STATE SCHOOL

NEWSLETTER

“Co-operation and Commitment”



Friday 3 August, 2018

RODEO PUPIL FREE DAY – FRIDAY AUGUST 10!

POSITION VACANT

We are currently looking to fill the position of School’s Officer – Facilities and Grounds. The position is for 38 hours per week and will involve such duties as mowing, whipper snipping, maintenance of grounds equipment and sprinkler systems together with minor repairs to facilities. If you feel you have the necessary skills to fill this position, application can be obtained from the school office and are due back no later than 3pm on Friday August 10, 2018.



CALENDAR OF EVENTS – TERM 3 2018

August 9 – Rodeo Queens visit and Dress Up
September 14 – Sunset Turns 50 Celebration!

Principal’s News

Hello to all our families

Reflection on a great Term

At the end of each term when I write to our community, I always encourage everyone to look back on what we have achieved and reflect how lucky we are to have such a fine school serving such a great community. I am in my 8th year as Principal of Sunset and never lose sight of the privilege I enjoy daily of working with our Sunset kids and their families.

I want to thank our families for their efforts and support of our school: having been around for as long as I have I would think I know many of our families and our children. This semester, for example it looks as though we will finish with an overall school attendance rate of somewhere around the 85 to 86% mark and this is very good. This gives the majority of our Sunset kids a real chance in life if they continue to attend school and improve their learning.

Pupil Free Day:

Next Friday, August 10 is a Student Free day for the Mount Isa State Schools and children do not attend school on this day. Our Sunset teachers are involved in Moderation of student work and professional learning sessions at the school. Have a great RODEO weekend!

Exciting Nutrition Centre News - Nutrition Centre Update

In our last newsletter, I wrote about some exciting changes coming up as to how we will deliver our food services at our school. Parents would be aware that we have a Nutrition program running for students who attend school at a rate equal to or better than 90%. This program has become quite famous with our Sunset initiatives gaining very good positive publicity. We are the only school to operate such a system and the benefits are numerous, as there are almost 200 children in our school accessing this cost free meals at school program and the number is growing all the time.

DID YOU KNOW?

- Breakfast is provided for any child every school day from 8am to 8.20am FREE OF CHARGE.
- Fresh fruit is provided to every child in every class every day FREE OF CHARGE
- All students whose attendance rate at school is at 90% or better can have ALL their meals at school FREE OF CHARGE if their parents so choose.

THE BOTTOM LINE HERE IS: HAVE YOUR CHILD REGULARLY AT SCHOOL AND SAVE YOURSELF AND YOUR FAMILY THOUSANDS OF DOLLARS.

The Key to life’s Chances

Education is the key to life’s chances and learning is a skill that is essential for a lifetime. There really isn’t any real reason apart from genuine sickness for a child to be missing any school. In the future those with the skills and ability to learn will be the winners and the achievers. Parents would be well aware that we have lead in our environment in Mount Isa and I thought I would let everyone know that we follow strict policies with respect to limiting the possibility of contact.

Our school

- Encourages healthy practices such as hand washing, wet wiping and healthy eating within all classrooms.
- Provides adequate ground cover areas for children/students to play and eat on.
- Adopts Wet Wipe, Wash and Eat well practices in all aspects of school life.

Parents may well be aware of the extra lengths we go to at school to keep children healthy. We:

- Source our sand for all play areas from out of town with no contaminants
- Close our playing fields that may lose grass cover during drought
- Operate a wash hands every day after play policy
- Reduce dust from our grounds by watering before mowing
- Operate a healthy eating tuckshop and Meals at school program as good nutrition is vital.



However, we only see your children for a few hours every day on school days so the biggest risk of lead exposure could well be elsewhere away from the school. These simple practices I have mentioned above, especially regular handwashing, will go a long way to helping your kids at home.

Healthy Eating: Help your child enjoy a longer life

Schools have an important role in promoting healthy eating and physical activity to students and providing an environment that supports a healthy lifestyle. A healthy diet can improve behaviours critical to educational success and performance at school. Effective school-based nutrition and health interventions can also help improve academic performance.

Children and adolescents should be encouraged to:

- eat plenty of vegetables, legumes and fruits
- eat plenty of cereals, (including breads, rice, pasta and noodles), preferably wholegrain
- include lean meat, fish, poultry and/or alternatives
- include milks, yoghurt, cheese and/or alternatives. Reduced fat milks are not suitable for young children under two years old, because of their energy needs, but reduced fat varieties should be encouraged for older children and adolescents
- choose water as a drink and care should be taken to:
- limit saturated fat and moderate total fat intake. Low fat diets are not suitable for infants
- choose foods low in salt
- consume only moderate amounts of sugars and foods containing added sugars.

Our new school NUTRITION CENTRE Menu which will be effective from Monday August 13, 2018.

Even Weeks

Monday

1st Break - Jacket Potatoes with ham & salad: 2nd Break - Assorted Salad & ham sandwiches

Tuesday

1st Break - Savoury Mince with vegetables: 2nd Break - Toasted lean meat & cheese sandwiches

Wednesday

1st Break - Muffin pizzas with lean meats & cheese: 2nd Break - Corn Cob (1/2) with butter & salad

Thursday

1st Break - Quiche & salad: 2nd Break - Popcorn & salad with cheese

Friday

1st Break - Fried Rice with lean diced meats and vegetables & Fruit Juice 100% Juice, 200ml cups. 2nd Break - Lean meat rolls with salad

Odd Weeks

Monday

1st Break - Fruit salads with low fat yoghurt: bread/butter: 2nd Break - Spaghetti with lean meat & vegetables

Tuesday

1st Break - Cheese on crackers & salad: 2nd Break - Home-made lean meat pies with salad

Wednesday

1st Break - Boiled Eggs & salad: bread/butter (optional): 2nd Break - Fresh garden salads: lean ham or chicken

Thursday

1st Break - Zucchini Slice or Savoury Muffins: 2nd Break - Mexican (nachos or tacos)

Friday

1st Break - Hot dog with cheese & Fruit Juice 100% Juice, 200mL: 2nd Break - Ham & Egg Cup

Regards,
Bryon

2018 SCHOOL OPINION SURVEY

The annual suite of School Opinion Surveys will be conducted 30 July to 24 August 2018. All families, school staff and a random sample of students will be invited to participate. We encourage you, as parents, to take this opportunity to have your say about what Sunset State School does well, and how we can improve as a school. The Parent Opinion Surveys are due back to this school by Friday, 24 August 2018.

Opti-Minds 25th August 2018

It's that time of year again! The Opti-Minds Creative Sustainability Challenge has begun and seven selected students from Sunset State School will be competing in the event. The seven students must make a 'Party Machine' from safe recycled materials and present their invention to a panel of judges, consisting of volunteer teachers from around the Mt Isa region on Saturday 25th August 2018.

If your child is participating in the challenge, please ensure the permission note is signed before 18th August. After school meetings and building will be required later in the term.

Happy inventing team! - Mrs Sarah Jones

Successful Pyjama Day Fundraiser

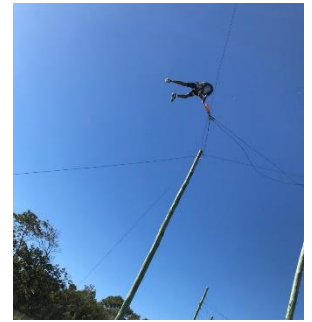
Thanks to all of our wonderful Sunset Students and Staff that donated a gold coin to the Pyjama Foundation Fundraiser last Friday and bought the delicious muffins made by our Teachers. We raised an amazing \$392.90 for the Pyjama Foundation which goes towards helping kids in care.

Thanks again! Ms Buntie 2P



Year 6 camp to Sunshine Coast Recreation Centre

During week 1 of term 3, Year 6 went on camp! We participated in team building activities such as the giant swing, caving, the alpine rescue, and the high and low ropes courses. We discovered Ethan, Shane, Kimiora, Shakya and Tahne are fantastic vertical climbers when on the high ropes and rock walls. Scout was a sharp shooter on the archery course, knocking out her own team by shooting down our target!! We played a fun game where teachers got to chase



and tag students with pool noodles. SO much fun!! Team Brazil (Tahne, Jias, Ethan, Ben) won the mini Olympics scoring the most points skipping rope, flying Frisbees into hooped goals, shooting basketballs, throwing rings, and kicking soccer goals. If you can dip, duck, dodge and weave you can play dodgeball. We played and what made it great fun was the lack of dipping, ducking and dodging! We all took a few hits. We splashed in the ocean and played on the beach. We loved the camp and the camp instructors loved us.



A variety of camp instructors, administration, and other staff were constantly feeding back how well behaved, polite, and fun to be around our/your kids were. Congratulations Y6 campers.

ART ROOM NEWS – Term Three 2018

Art through the grades!

This term in 'The Arts' we are studying music. Every year level from Prep through to Year 6 has to respond to questions, perform a song, compose music and then perform it for the class.



Sunset Prepies are learning about music in our world, where we hear music, who makes music and why. They are composing a body percussion piece and performing a simple song. Best of all they are representing music through art.

Year 1 have been learning to sing and play together, they are learning simple yet fun songs and actions. They will be composing new lyrics then adding instruments and dynamics.

Year 2 are on a mission to save the world. They are learning to sing and compose songs about saving the environment. They are also learning about ostinatos and practising this singing style.

2/3 Mini are learning songs about Australian places, such as 'My Island Home' and 'Land Down Under'. They will compose a short song about a place in Australia. They are also learning about ostinatos and practising this singing style.

Year 3 have been learning to represent characters through music. With a partner, they will be composing a short song about some crazy characters. They will also be looking at how a character's actions are represented by music in movies.

Year 4 are learning about Australian songs. They are bound for 'Bontany Bay' where they want nothing more than 'A Home Among the Gum Trees'. They will be composing a song about a place in Australia.

4/5J and 5C students exploring the exciting world of musicals. They will travel through the decades to experience musicals from different times and places. They will perform a musical number with friends, compose a piece of music for a movie and discuss how music can match the mood and atmosphere of a movie.

Year 6 students exploring music from around the world. They will travel around the globe to experience music from different cultures and places. They will perform a song from another culture/country, compose a piece of music inspired by music from around the world and discuss how elements of music are used to communicate meaning in a body percussion dance.

Up Coming Events

School Play – The Time Warp
Choir – Born to Be Wild
Will be performing at the
Sunset 50th Anniversary Fun
Day
Friday 14th September 4-6pm

Notes from the Teacher

After school practises for the school play will start Wednesday 8th August from 2.30 – 3.30. Please make sure that your child's permission note has been signed and returned to the office.

RODEO

Free Dress Day

THURSDAY
AUGUST 9th



Come dressed in
Your best Rodeo Outfit and bring a gold coin
donation.



Sausage
Sizzle



All funds will go towards the Year 6 Student Council.